



# Rump Steak and Slow Roasted Tomato Butter Sauce with Parmigiano Smashed Potatoes and Rocket Salad

30

Premium 30-35 Minutes • 1 of your 5 a day



21 Day Aged Rump Steaks



Salad Potatoes



Balsamic Glaze



Parmigiano Reggiano



Garlic Clove



Baby Plum Tomatoes



Wild Rocket

**Pantry Items**

Oil, Salt, Pepper, Olive Oil, Butter

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, bowl, garlic press, aluminium foil and frying pan.

## Ingredients

Ingredients	2P	3P	4P
21 Day Aged Rump Steaks**	2	3	4
Salad Potatoes	500g	750g	1000g
Balsamic Glaze <b>14)</b>	24ml	36ml	48ml
Parmigiano Reggiano** <b>7)</b>	40g	60g	80g
Garlic Clove**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Wild Rocket**	40g	60g	80g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Water for the Dressing*	3 tbsp	4½ tbsp	6 tbsp
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
	557g	100g
Energy (kJ/kcal)	2641 /631	475 /113
Fat (g)	24.9	4.5
Sat. Fat (g)	12.5	2.2
Carbohydrate (g)	58.2	10.5
Sugars (g)	10.4	1.9
Protein (g)	45.7	8.2
Salt (g)	0.78	0.14

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 7) Milk **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **steaks** from the fridge to allow them to come to room temperature.

Halve the **salad potatoes** widthways. Put the **potatoes** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer, cut-side down.

When the oven is hot, roast the **potatoes** on the top shelf, 20 mins.



## Get Smashing

Add the **tomato parcel** tray to the bottom shelf and roast until softened, 15-20 mins.

When the **potatoes** have cooked for 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each **potato** half.

Sprinkle the **potatoes** with the remaining **Parmigiano Reggiano** and then drizzle with more **oil**. Return to the top shelf until crispy and golden, 10-15 mins.



## Mix the Parmigiano Dressing

Meanwhile, add **half** the **balsamic glaze** and **half** the **Parmigiano Reggiano** to a large bowl with the **olive oil** and **water for the dressing** (see pantry for both amounts).

Mix together and season with **salt** and **pepper**, then set the **dressing** aside.



## Cook the Steaks

When the **potatoes** have 10 mins left, heat a drizzle of **oil** in a large frying pan on high heat. **TIP:** *Rump steaks naturally vary in shape, so adjust the following timings depending on how you like yours cooked.*

Once very hot, lay the **steaks** into the pan and fry until browned and medium-rare, about 5 mins. Turn halfway through. **TIP:** *Cook each side for 1 min more if you like it more well done.*

Once cooked, transfer to a board, cover with foil and allow to rest for a couple of mins. **IMPORTANT:** *Wash your hands and equipment after handling raw steaks. They're safe to eat when browned on the outside.*

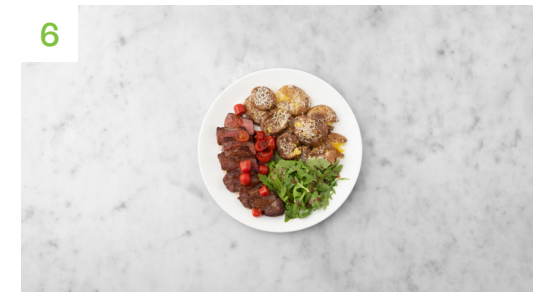


## Slow Roast the Tomatoes

Peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes** and pop them onto a piece of foil. Season with **salt** and **pepper**.

Add the **garlic**, the remaining **balsamic glaze** and the **butter** (see pantry for amount) to the foil. Fold the foil, sealing on all sides to create a **parcel**. Pop onto a small baking tray.

Season the **steaks** with **salt** and **pepper** on both sides. Set aside.



## Finish and Serve

Just before everything's ready toss the **rocket** in the **Parmigiano dressing**.

Thinly slice the **steaks** widthways, then share the **steak**, **Parmigiano smashed potatoes** and **rocket salad** between your plates.

Gently combine the **roasted tomatoes** and their **buttery juices** while still in the foil, then spoon over the **steaks** to finish.

Enjoy!